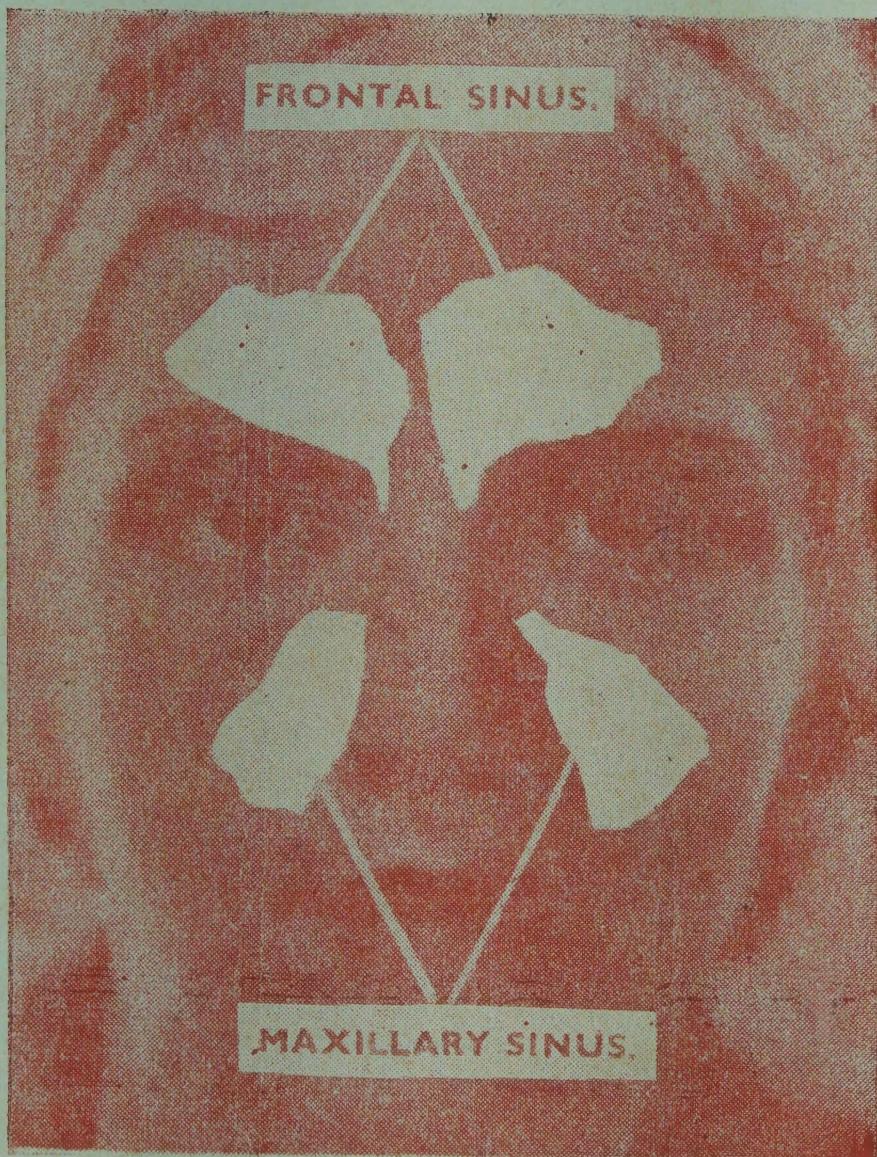


COMBATING COLDS, COUGHS, CATARRH AND SINUS TROUBLE



BY

S. J. Singh

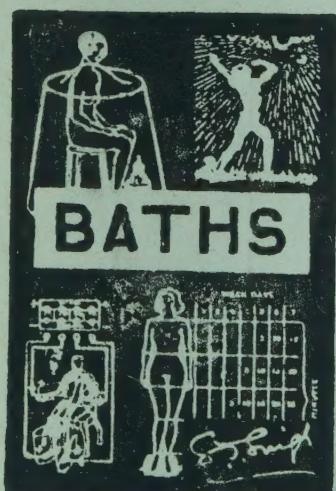
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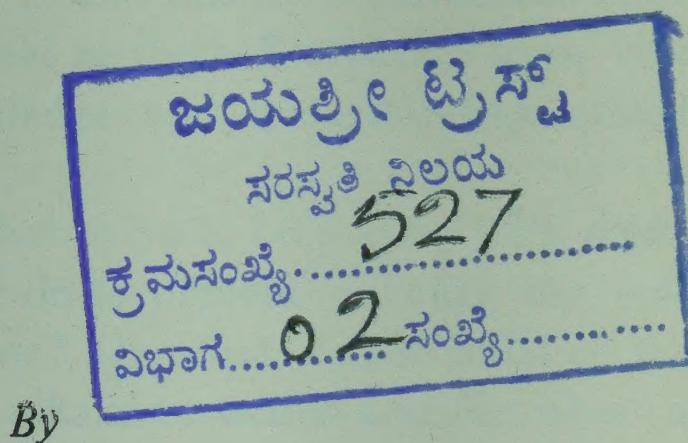
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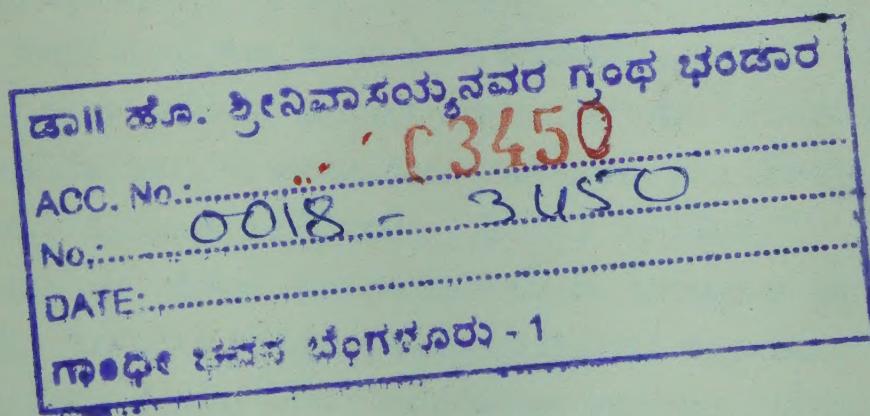
Combating Colds, Coughs, Catarrh & Sinus Trouble



By

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Combating Colds, Coughs, Catarrh and Sinus Trouble

MANY persons on reading the title of this booklet will say, "What, another book on colds?" But this is not just another book on colds. It is a proven clinical method of recovery from colds and its allied disorders. Knowledge and understanding remedy human ills.

Why can't we all know what to do to keep away from colds? Why can't we all know what to do to prevent or cure the colds and the other troubles that follow? Or, what to do to build up that resistance which produces an alkaline reaction and furnishes an unsuitable medium for the growth and nourishment of the offending disorders?

We continue to suffer until we learn to work in harmony with Nature. No one should expect a good bill of health, if he indulges in such physical desecrations as bolting food, gluttonizing, sleeping in foul air, neglecting to take exercise, and being generally unclean.

When you break the laws of Nature, she is very likely to put you to bed, ill.

The question, then, is "What causes a cold?" As a matter of fact, a cold does not have an immediate cause. That is, there is no condition which occurs immediately before a cold manifests itself which can be considered as a cause. Some say, "I got my feet wet." Others will say, "I got chilled." Such things and statements as these are only what brings a cold to a 'Head' so to speak. Sudden temperature changes; exposure to cold, or wet, or draughts; damp feet; overheated rooms; vitiated or dead air; dust and irritating inhalations; depressing mental and physical states; fatigue and hunger; constipation and liver sluggishness; too much starch and carbohydrates; too much proteins and other acid-forming foods; an unbalanced diet; are all among the many factors that contribute to the onset of a cold. But the real cause lies deeper than this. It is the result of an accumulation of

poisonous materials within the body for a certain period of time preceding the cold. The amount of poison which is accumulated and the rapidity with which it is formed determines the frequency of the colds.

If the excretory organs of the body are comparatively normal, these poisons will not be accumulated and colds will rarely manifest themselves. The bowels, the kidneys, the lungs and the skin constitute the eliminative system. Often the bowels and kidneys are not functioning normally, and the retained poisons vitiate the blood so that the proper interchange cannot take place in the lungs. Therefore, the only remaining avenue of escape is the skin. Included in this category is the mucous membrane lining the nose and throat, the sinuses and larynx, and the bronchi and lungs. This membrane also lines all the other organs in the body. When it is overworked in trying to get rid of the accumulated poisonous wastes, considerable irritation ensues, and mucus is poured out in quantities by the glands. Coughs and colds result. Catarrhal symptoms follow, and in a rundown system chronic throat and nasal conditions are set up.

A cold in the head is medically called acute rhinitis or acute nasal catarrh. It is characterized by a feeling of malaise, languor, slight fever at times, chilliness, perhaps headache and sore throat, sneezing, watery eyes, dryness and stuffiness of the nose at first followed by a profuse, watery, acrid discharge, becoming in many cases a mixture of mucus and purulent matter. This condition may extend to any part of the respiratory tract, to the sinuses, Eustachian tube, middle ear, and glands throughout the pharynx. The disease thus spreads, making what is often termed derisively "only a cold," a pretty serious and threatening condition.

Colds come on suddenly as a result of a change in circulation to which the body does not adjust itself. Let me explain this. We shall say you are overheated and you sit down in the path of a draught. The surface of your body begins to cool rapidly, and the blood vessels of the skin contract. When this happens, more than half the blood that was held in the skin blood vessels, which now have contracted, has to go somewhere else; and it is the blood vessels of your mucous membrane that have to take up this coming blood. Usually it is the mucous membrane lining

the upper breathing tract that has to do this—that is, the nose and throat regions—but it will probably also be that of the bronchial tubes. If the action happens in the nose, it is called rhinitis ; in the throat, pharyngitis ; in the voice-box, laryngitis ; in the bronchial tubes, bronchitis ; around the tonsil region, tonsilitis ; etc. These are just names indicating an inflammation of the mucous membrane in the particular regions mentioned.

What happens to the membrane that takes up the blood coming from the skin ? It becomes engorged with blood and, as a consequence, swollen, sore, and sensitive to anything coming in contact with it. In the nose, the first reaction is a sneeze, followed by a copious flow of mucus. (We call this catching a cold.) Our membrane normally secretes mucus constantly, but when its blood supply is increased it proportionately increases the mucus secretion.

The reaction to the draught may pass off quickly—that is, the circulation of the body may adopt itself by having the normal quantity of blood going back to the skin. But (and here is the reason why acute colds keep up for a week or more) if this moving blood contains an excessive amount of irritants and waste products which the skin is supposed to eliminate and hasn't yet, the sensitive membrane is irritated still further and it tries to throw out the waste material with the mucus. This substitute form of elimination will continue until the blood is cleansed of its excess waste.

In brief, colds are more of an indication of the general rundown condition of the body than they are in the nature of a real disease. In other words, a cold is the result of something else, is a danger signal. The cause of colds is more internal than external. A person's sitting in draughts or getting wet feet will not give him a cold if his blood is pure. The best insurance against a cold and its complications is still a rugged resistance.

Remember, we have said that colds are due to faulty elimination. Colds come either when we eat too much or when we live on unbalanced diets. Living thus, largely on proteins and starches with very little fruits and vegetables to help us get rid of the wastes of those proteins and starches, we are almost sure to contract colds in the colder weather, when the skin is not so active. Why ? Because in winter we live more bundled-up, less

exercised and less out-of-doors than in other times of the year. The skin getting little chance to breathe under these conditions, becomes lazy and cannot adjust itself properly to such things as draughts, etc.

It is in this respect that we can look upon colds as safety valves, for if the heavy starch and protein eater did not have colds he would go more quickly into a state of chronic degenerative disease. A cold is a manifestation of Nature to protect the body internally. You have a safety valve on the furnace in your basement. If the temperature and steam in your heater rises too high, this valve blows off, so that the heater will not blow up. This is exactly what Nature does, when she gives to you a cold. If the eliminating organs are not performing their proper duty, the respiratory tract—the nose and throat—of the human body has to take the load. These organs throw off the excess poisons that are present in the body, thus preserving the internal organs from damage.

For those people who will not learn about diet and the proportionate quantities of the different foods that are good for them, colds are a God-send. The average person, however, does not think so. Colds are uncomfortable to say the least, and when Mr. Average Person gets a cold, he does not want to stop eating. He probably takes some violent cathartic, though, and then some medicine like aspirin to suppress the reaction, little realising that when he does this he is stopping Nature's little effort to relieve his system of a lot of poison.

Perhaps a little further explanation as to why colds are eliminative efforts on Nature's part would be in place here. The ordinary channels of elimination are skin, the lungs, the kidneys, and the bowels. The mucous membrane—the lining of the mouth, the nose, and the other parts of the body that come in contact with air—is in reality a skin also, but different in texture. Materials cannot be eliminated through mucous membrane by a process of breathing, as they are in the skin through its pores, or by sweat. But, when the body has so much to eliminate that the ordinary avenues cannot take care of this waste, the mucous membrane pours out mucous fluid, which is a waste elimination, in an effort to make up for the deficiencies in the other channels—something like a pot boiling over. Any treatment which is

calculated to increase this elimination in a natural fashion is good treatment. By starving the body of food and by using baths and other so-called Nature Cure methods, we increase or help this process of boiling over. Thus, by letting it run its course, we cure the cold because there is no longer a need for a cold.

We generally speak rather glibly of having *caught* a cold—as though a cold is due to the invasion of some germ to which it decidedly is not. The question as to whether germs are a causative factor in colds is answered by the fact that whenever there is an accumulation or congestion of wastes and unnecessary products in the body, germs will breed—because they are the scavengers of Nature, growing wherever there is a need for their disposing of unwanted materials. There may be many different kinds of germs present in the area of a cold, but none of them are the causative factor, all of them being the result. A large variety of micro-organisms are demonstrable, each waiting its chance to feed and grow upon those parts suitable to it as the disease spreads.

Causes of Common Colds as Determined at Cornell University

Experiments conducted by the Departments of Physiology and Hygiene at Cornell University recently showed that—

1. A deficiency of vitamins or a disorder of vitamin metabolism exists during these “dark” winter months and lowers the resistance of the human body to colds.
2. Diet and faulty nutrition have a direct relation to colds.
3. There is a direct relationship between the catching of colds and the number of daily hours of sunshine.
4. Ventilation has a direct relation to colds.
5. Women have colds less frequently than men, possibly because the fewer clothes that women wear, both winter and summer, keep their skin toned up and better able to withstand chilling.
6. The removal of infected tonsils and nasal obstructions does not necessarily stop a person from having frequent colds.
7. Heredity is a possible factor in a lowered resistance to colds.

Symptoms of a Cold

The symptoms of colds are so well known that it would seem unnecessary to mention them. As a rule the trouble begins with a burning in the nose accompanied by sneezing. The burning is due to the increased supply of blood in the parts, which produces a sort of local fever and dries the membranes. This dryness and burning irritate the nerves and produce the sneeze. In order to counteract the dryness and to supply a medium for the solution of the toxins an increased flow of mucus and serum is provided. Hence, the next symptom is a flow of thin, watery matter from the nose. Further sneezing helps to remove this. If the cold is not now promptly and properly treated, the symptoms proceed as follows :

The thin mucus thickens and becomes yellow and pus-like as it is further filled with toxins. In some cases it may become greenish. A blackish colour usually is due to dust and dirt which have been inhaled. This thick mucus interferes with breathing through the nose, and this difficulty is further increased by a swelling of the mucous membranes resulting from the congestion of blood and increased activity of the tissues. Even the outside of the nose may become red from the same cause. The upper lip frequently becomes chapped and covered with 'cold sores' from the acrid dripping from the nose and the general fever or gastric irritation. If breathing through the mouth becomes necessary the mucous membranes in the mouth and in the throat become dry, and the cold is inclined to spread to them—there will be coughing and elimination of phlegm from the throat, perhaps also a sore throat. Or, the cold may spread upward and affect the eyes so that they become red, sore and swollen, and discharge either an increased amount of tears or an actual inflammatory exudate.

The extreme congestion in the nasal passages often produces a headache at the root of the nose and a general full feeling through the head, sometimes with ringing in the ears. There may be even a slight fever and feeling of general prostration. A general chilliness or an actual chill may begin these more severe attacks of colds. As a rule there is no appetite at this stage, which is a clear indication of the need of fasting, and if the fast is started at this stage the cold will not develop further. Due to

the difficulty in the breathing, the headache, and the nasal discharge, sleep is interfered with and the nerves become considerably irritated. A person with a severe cold is seldom if ever in a good humour.

As the cold begins to abate the discharge lessens, the nose opens up so that breathing becomes more free, the head feels clearer, and little by little all the symptoms subside. Properly treated, colds usually subside within three or four days, otherwise they reduce only to a chronic state and stay there. A cold usually lasts about a week if it has had a chance to become well developed before treatment is adopted, but it may extend to three weeks or even a month or more if neglected, or it may come and go for months. In the latter case catarrh practically always develops.

Symptoms of Catarrh

The symptoms of catarrh are quite similar to those of a cold except that they are not so severe, and the general symptoms, such as headache and malaise, are not present. If the catarrh continues long enough, however, there usually are loss of weight and strength, and a considerable digestive disturbance, in addition to the local symptoms.

The local symptoms are divided into two varieties—hypertrophic and atrophic. In the former the mucous membrane becomes chronically swollen and there may be even an overgrowth of tissue. In extreme cases the turbinate bones themselves may become enlarged. Adenoids are common. All this partially occludes the nose so that breathing becomes difficult. Though the discharge is slight, it is thick, and with the thickening of the membrane breathing becomes still more difficult; there is constant snuffling and sniffing, and mouth breathing frequently is resorted to. Then there is a coated tongue and foul breath. The thick mucus often has an offensive odour and it dries into crusts over night, which have to be picked out in the morning. When the naso-pharynx is affected, the mucus drops down into the throat and is swallowed, hawked up, or coughed up. If swallowed it usually disturbs the stomach functions sooner or later.

The atrophic variety is associated with an atrophy or shrinking of the membrane instead of an overgrowth and swelling. This form often is called "dry catarrh." The discharge is very

slight and even may be absent. Due to the slow oozing of the mucus, crusts form readily and are common at all times. Picking them off frequently injures the mucous membrane and ulcers form, or these may develop anyhow. The nose feels dry and there is considerable burning and irritation. When the throat is affected coughing is very common and rather distressing, since the cough is unproductive and gives little relief. This usually is a more chronic and more difficult condition to remedy than the hypertrophic variety.

In mild cases of catarrh there may be neither atrophy nor hypertrophy but merely a sort of slight continuous cold.

Cough Symptoms

Coughing may be associated with either colds or catarrh. Although only a symptom, the fundamental cause in all cases is nerve irritation. This irritation is produced in one of the four ways—from the presence in the throat of foreign matter, such as dust, odours, fish bones, etc. ; from excessive mucus ; from pressure on nerves ; and from reflex irritation.

Coughing may be produced by nothing more than changes in temperature of the air passing through the respiratory passages, if the mucous membranes of these passages are sufficiently inflamed as a result of a cold or other disease manifestation. This is due to the increased sensitiveness of the mucous membranes when they are so affected. Coughs caused by excessive mucus usually are associated with colds, catarrh, bronchitis and allied conditions. The excessive mucus produces sufficient nerve irritation to call for a cough, which in turn attempts to remove the offending mucus.

The actual mechanism of the cough is as follows : A more or less deep inspiration is taken and the glottis is closed so that no air can escape and considerable pressure is developed within the lungs. This pressure usually is further increased by contraction of the walls of the bronchial tubes. Then the glottis is opened and a sudden forcible expiration made, which, if successful, forces the objectionable substance, whatever it may be, into the mouth. It is prevented from going up the nose by the uvula and soft palate. From the mouth it is easily ejected. This process is repeated a number of times if necessary, depending on

the position, character, and amount of the material to be eliminated.

How to Treat a Cold

Now, what shall we do to keep ourselves in trim? It's up to us. And it all depends upon our diet. The alkaline base necessary for good health must be maintained. Therefore, a fruit and vegetable diet is necessary to supply those minerals to offset the amino acids and other acids resulting from the metabolism of proteins, starches and sugars. Those who are subject to colds think they are protecting themselves against the wintry blasts, the dampness and exposure, the wet feet, by eating largely of starches and fats to line the ribs and keep the chill air out. What they are really doing is paving the way for colds through these very measures.

The minerals in the fruits and vegetables cleanse the blood stream, increase cell activity and oxidation, and are a better means of keeping out these chilly blasts than so much starch and fat.

With these dietary measures, we must get an abundance of fresh air by changing the air in our living rooms frequently, and always having a current of fresh air circulating in our sleeping quarters; bearing in mind, of course, to be careful to avoid drafts. Warm clothing and good shoes and rubbers during wet weather are necessary, but we should never be overdressed so as to invite the danger resulting from too sudden or drastic changes in temperature. We should also protect ourselves against the coughing and sneezing of others, and what is of equal importance, protect others from any coughing and sneezing on our part.

If you do fall a victim to this scourge, it is necessary to rest indoors, preferably in bed, in a well-ventilated room free from draughts, for from one to three days. To get over a cold quickly (to get the poisons out of the system quickly), stop eating and clean out the bowels. Free elimination should be the first consideration; then the bowels should be kept regulated, preferably by some bulk accessory to food. Take nothing but hot fruit juice drinks—grapefruit, lemon, and orange juice with water—half fruit juice and half hot water. A liquid diet of fruit juices in large amounts is necessary to neutralize the acid conditions of the blood, hot drinks are needed to help kidney elimination, and

hot lemonade to start the skin to functioning. At the start use an enema, if necessary, to clean the bowels; and use a bulk-laxative food three or four times a day together with the fruit juices.

A hot bath, if it can be taken without undue exposure, is recommended. Sufficient covers to avoid the danger of further cold, and a hot water bag or hot towel over the head or across the nose to overcome the stuffiness and headache, will bring about quick relief. Steaming the face with hot water to which is added camphor or menthol will open up the clogged nasal passages and give comfort. When the nasal passages open up and secretions start to flow, some antiseptic spray to wash them out is soothing and welcome. A solution of salt, one teaspoonful to a pint of warm water, is very efficacious.

If the cold is very severe, take a hot Epsom salt bath for from 5 to 15 minutes, and upon getting out of the bath wrap yourself into a sheet and a blanket without drying. Get into bed immediately and sweat for a least a half hour.

How to Take an Epsom Salt Bath

Put a sufficient amount of hot water in the tub so that the body can be immersed up to the neck. Then dissolve about a pound and a half of Epsom salt in it. To get the best results, ten to fifteen minutes immersion are required, and the water must remain comfortably warm during this time.

Deep Breathing Helpful

Another thing to be done—neither to be forgotten nor neglected—is to pump plenty of oxygen into the body and the blood by deep breathing. Oxygen is the life-giver. When the cells of the body can get plenty of oxygen from the blood, they can more quickly burn up the wastes contained in the blood, and these can then be more readily eliminated. Get plenty of oxygen into the lungs, and, furthermore, be just as particular about getting the carbon dioxide out of them. In other words, be just as concerned about thoroughly emptying the lungs as you are about filling them.

After the acute symptoms have subsided and recovery has set in, it is important to take great care not to over do, or over exert, or over expose. Plenty of fresh air, day and night; exercise in the open air daily; suitable clothing, neither too light nor too

heavy ; dry stockings ; heavy soled shoes ; frequent warm baths in a comfortable room, followed by a moderately cool sponge bath and a brisk rubdown with a coarse towel ; avoidance of over-heated rooms, dust, dietetic errors ; avoidance also of alcohol and tobacco, and of contact with those having colds ; are all excellent measures during convalescence.

The diet should be well-balanced and once each week a modified fast consisting of two to three quarts of fruit juices, and no food, should be undertaken in order to cleanse the blood and normalize the alkaline reserve.

Any method of treatment which will stop the membrane of the nose from discharging its mucus delays the ultimate end of the cold. There are many vapours in common use which are inhaled and which give temporary relief and which often abort a cold. Investigation of cases where these have been taken shows that the cold is usually driven into the sinuses, and that the popular inhalants are probably responsible for the present great increase of sinus trouble, ear trouble, tonsil disease, and bronchitis, for a cold which cannot eliminate itself through the membrane of the nose will travel to some adjacent tissue. The sinuses are next to the membrane of the nose. The tissues of the bronchial tubes and lungs are immediately accessible. For that reason, suppression of a cold with jellies rubbed into the nose or by inhalation of vapours is to be severely condemned. Rather, the patient must look just a little bit further than for his comfort for the moment.

Leaving all technical considerations aside, the practical aspect of the question is that when a person fasts or takes the baths indicated, and drives the cold out of the body, he can expect to be over an ordinary attack in from one to three days. Patients who try to suppress a cold, who drive it into the body, shut down, or abort it, will have their cold stay with them for weeks and weeks, or, they may succeed in shutting it down for a day or two and then see it come back in full force within a week or a month. This is a tremendously vital question involving consideration of facts which seem unrelated to colds, but when we consider the toll that colds take in a single year in time and in money and in the lowering of resistance in people, it is a question which requires serious consideration.

Rules for Overcoming Colds

(Pneumonia can be avoided by adopting these measures at the start of a cold.)

To recapitulate—

1. **STOP EATING.** Take nothing but fruit juices and hot water.

2. **CLEANSE THE BOWELS.**

3. *In a simple cold*, give a hot foot or hot leg bath, and plenty of hot water to drink, so that free perspiration is induced. This shall generally abort the cold. Another way to cure a cold is to take no bath at all, drink plenty of water, go out of doors and stay there until the cold is cured; but take care to keep warm during this outdoor treatment, either by vigorous exercise or by being ~~so~~ ^{properly} protected with wraps and blankets.

4. *In severe cases*, **GET THE SKIN ACTIVE** by taking an Epsom salt bath—1 or $1\frac{1}{2}$ pounds to the tub of hot water—remaining in it from 5 to 15 minutes.

Continue the sweat in bed for $\frac{1}{2}$ to 1 hour longer. To accomplish this, on getting out of the bath, and without drying off, wrap the body in first a sheet, and then a blanket, and get immediately into bed. Cover with more blankets. Have a cold pack over the face. On removing the body pack, dry thoroughly. In severe colds this may have to be repeated the next day.

BREATHE DEEPLY while in the above pack. After each deep breath empty the lungs thoroughly. Have the room well-ventilated.

5. **LOCAL PACKS** : In cases of sore throat or bronchial congestion, local packs can be employed for quick relief.

Throat Pack : Wet a long strip of muslin or linen wide enough to cover the throat. Wrap it around the throat in several thicknesses and cover it with oiled silk or cellophane. Over this wrap several thicknesses of dry flannel cloth. This is to be put on at bedtime when retiring, and should remain on overnight.

Chest Pack : Wrap the chest in several thicknesses of wet muslin or linen, and cover with several layers of dry flannel. Keep on overnight.

NOTE : Packs, to be effective, must fit snugly.

6. **TAKE the regular sun and air bath.**

AFTER THE ACUTE REACTION HAS SUBSIDED, it

is advisable not to eat meat, fish, fowl, eggs, cheese, and starchy foods for a few days. During this time the diet should be confined to fruits and fruit juices, vegetables—especially salads, and milk or buttermilk.

7. *In chronic cases*, sun bath, salt-glow, and graduated tonic cold baths, such as a cool spray, cool sponge bath, or cold mitten friction, should be employed to improve the body's power to react and stand atmospheric changes. A cold bath is best taken immediately on arising in the morning.

By following the above rules, you can turn a cold into a benefit, because you give the body the chance to burn up and eliminate a good deal of accumulated waste.

Causes of Catarrh

Neglected colds result in catarrh. Now the question arises, "What causes catarrh?" Even from the orthodox medical standpoint, catarrh is conceded to be a systemic disorder and not merely a local irritation. It is the function of mucous membranes to secrete a thin, slightly sticky fluid for the purpose of keeping themselves continuously moist; and in the case of the mucous membrane which lines the respiratory tract, for the purpose of catching particles of dust, dirt and soot which might be contained in the air we breathe. This mucus, secreted in normal quantities, evaporates to a large extent, and we have no noticeable discharge. However, when the mucous membranes are subjected to excessive irritation, particularly from the presence of poisons in the blood, they begin to pour out a greater amount of mucus—and mucus of an abnormal character. It becomes heavier and thicker. This condition is what is known as catarrh.

The mucous membranes can function in emergencies as excretory organs—that is, they are capable of taking out of the blood waste products which are in excess of what the kidneys and the sweat glands are able to eliminate. Therefore we can say that whenever mucous membranes become excessively active they are being pressed into service to relieve the body of excessive waste.

Catarrh then, is really an emergency form of elimination. Any treatment of this condition must be such as to relieve the mucous membranes of the extra burden which has been placed upon them. And it is clear that this can be accomplished only

by cleansing the blood of all the waste material with which it is laden.

The greatest sources of blood contamination have their foundation in a faulty diet and in the direct absorption of waste products from the intestines. The gist of catarrhal correction is to keep the intestines open. Besides the primary advantage to be gained through preventing the absorption of poisons into the blood, regular functioning of the bowels serves another purpose in overcoming catarrh. There is a compensatory action between the blood vessels of the abdomen and the blood vessels of the head, and it is a well-known fact that whenever congestions of circulation occur in the abdomen, the membranes of the upper respiratory tract are apt to be similarly affected.

There is also a compensatory relationship between the blood vessels of the mucous membranes of both the respiratory and digestive tracts and the blood vessels of the skin. People who have active skins—that is, a good surface circulation—are less likely to have catarrh than those with inactive skins.

Treatment of Catarrh

Catarrh, after it has become well developed, is a condition that is not easy to eliminate. So one must not be in a hurry, as a chronic disease always takes time to remedy. The medical treatment of catarrh consists almost entirely of local measures, and many people are surprised to find that these are placed in the background in the treatment by natural methods. Since the disease is not due to local causes, as has been explained, local treatment will not cure it. In many cases the local medical treatment makes the condition worse instead of better, particularly when this consists of frequent unnecessary operations. Attempting to stop catarrh by purely local treatment is a good deal like trying to dry up a fountain by bailing water out of its basin. Natural methods of healing, on the other hand, go to the very source of the trouble and remove that.

The most important treatment by natural methods is the increase of vitality, because without this the organs cannot be brought even to ordinary functioning. Elimination is the next important point, running a close second, because if the body cannot be relieved of some of its load of poisons it will be in no

condition to build more vitality. Each depends on the other and each assists the other.

Fasting and Dieting in Catarrh

Fasting or fruit dieting is used first because, while it does not build vitality and nerve energy, it saves these. At the same time it gives the body an opportunity to eliminate the worst of the accumulated impurities. The usual regimen in the treatment of catarrh includes the following measures of treatment.

A fast or fruit diet, for from seven to thirty days, takes off the bulk of the rubbish that underlies the catarrhal condition. The fast is used in cases which are overweight. The length of the fast will depend on the weight, strength, and confidence of the patient and on the symptoms which appear while fasting. If the fast cannot be continued until all symptoms disappear, which is the real goal of the fast, a series of shorter periods of abstinence may be employed, repeating as often as the weight will permit until the desired results are secured. All fasts are to be broken gradually, taking one or two days on acid fruit juices, the entire fruit, or vegetable broth, before starting whatever diet is to be followed afterward. The fruit or fruit juice generally is used.

The Acid Fruit Diet

While fasting always is of benefit in catarrh, it has been found that many cases secure just as good results from an acid fruit diet; therefore, this generally is recommended, since it is easier to take. The acid fruit diet has a special alkalinizing effect upon the body, requires almost no digestion, and does not interfere with elimination. It is particularly applicable in cases which are underweight and greatly lacking in vitality, in cases which have to do considerable work while taking treatment, where the patient is afraid of the absolute fast, and in the case of children.

The method of taking the acid fruit diet is somewhat as follows: Only raw acid fruit is used and continued until the symptoms have all subsided. Oranges are the best to use, but grapefruit, grapes, unsweetened grape juice, or peaches may be taken. The quantity usually should be limited to six oranges a day or a similar amount of other fruit. The fruit may be taken in three meals or may be consumed one piece at a time at equal intervals throughout the day. In addition there should be taken from three to four quarts of water a day, at any time and in

whatever manner is most convenient. Either hot or cold water or some of each may be used, according to the desire. In cold weather it is well to use at least one quart of hot water daily. The water may be flavoured with a little lemon juice if desired.

The length of the diet depends on the same factors as the length of a fast, as explained above. A series of short fruit diets, instead of one long one, may be used where necessary. Most cases will find that a ten-day fruit diet will be sufficient at the start and two or three days additional can then be taken every month until the desired results are secured.

The Milk and Fruit Diet

Food must be resumed gradually after a fruit diet, much the same as after a fast. The milk and fruit diet is excellent for use immediately after the fast or fruit diet. No food equals milk in its building powers. If the body has not been thoroughly cleansed by fasting or a very limited fruit diet before the milk is adopted, the amount of mucus may increase in the beginning, but as the milk is continued, all the toxins will be flushed out, and the mucus will then decrease. Milk as a diet is both an alkalinizing as well as a building diet, and these are the things needed in overcoming the acidity and lack of vitality associated with catarrh.

I generally recommend the milk and acid fruit diet rather than milk alone, because the former is especially alkalinizing and favours bowel elimination. This is taken the same as the ordinary milk diet except that one quart of milk less per day is used and acid fruit is taken as desired. Oranges are best, but a mixture may be used if it agrees all right. When the larger quantity of fruit is taken it usually is best to use it between the milk feedings rather than directly with the milk. This milk and fruit diet may be continued for from four to six weeks, depending on the need for extra weight and vitality and the rapidity with which these are gained.

The Fruit and Vegetable Diet

If the patient is overweight, a diet largely of fruit and vegetables is preferable to one of milk. This is the same as will be described below as the diet following the milk and fruit, except that the total quantity is limited to an amount that will permit gradual reduction, and an even larger proportion of raw fruits and

vegetables is employed. After the weight reaches normal the variety and quantity of foods can be amplified to approximate that given below.

The fruit and vegetable diet that is used after the milk and fruit diet is composed chiefly of raw fruits and green vegetables, with moderate amounts of other fruits and vegetables, whole grain cereals, and dairy products. When changing from the milk to this diet the best plan is to take the milk and fruit for half a day and a meal of solid foods in the evening. Or, two meals of milk and fruit may be taken and one of solid foods. After from three to seven days, regular meals may be resumed.

When taking milk for half a day, no milk should be used with the evening meal. This meal should be composed of a good-sized raw vegetable salad ; one cooked vegetable, either of the green or light starch variety ; and a little sweet fruit for dessert. Some vegetable soup, cottage cheese (curd), a few nuts, or buttermilk or some form of sour milk may be added after a few days.

When ready to adopt regular meals again, *breakfast* may be composed of some fresh fruit and milk, with or without a bran or whole grain cereal with sweet fruit. *Lunch* should be of fruit only, fruit and a vegetable salad, fruit and buttermilk, or buttermilk and a vegetable salad. *Dinner* is the same as lunch except that a little whole wheat bread or chapati and butter may be added. This cereal preparation may be taken for lunch if omitted from dinner. In this case *lunch* may be of whole grain bread or whole meal chapatis and butter with a vegetable salad, or bread and butter with vegetable soup. As the condition still further improves, other cereals and cereal preparations may be added to the diet, and eggs used occasionally.

No matter what diet is employed after the fast or fruit diet, the diet of oranges only for two or three days a month should be observed just the same. This should be continued until the health is restored to normal and may be continued indefinitely with benefit. Diet is an extremely important part of the treatment of catarrh and one would do well to give it careful attention.

A Good Diet for Catarrh

In catarrh there should be a small amount of starches in the diet. The protein should be derived from dairy products.

On rising in the morning, the juice of two oranges and one

lemon in a pint of hot water should be taken. This will serve to wash out any collection of mucus in the intestinal tract.

An hour later, take for *breakfast* : one-half of a grape-fruit, or an orange, or some fresh fruit, a dish of whole grain cereal (like dalia) and a glass of milk.

In midmorning : a glass of pineapple juice or orange juice.

Lunch : Some salad of raw vegetables or a fruit salad, milk or buttermilk, a slice of whole wheat toast. A good salad is one of shredded carrots, shredded beets and cottage cheese (curd), covered with sour cream.

Dinner : A vegetable soup, two cooked vegetables from list below, a salad, milk.

A pint and a half of milk should be taken each day.

Between meals, orange juice in copious amounts.

One day a week, two or three quarts of fruit juices : orange, grapefruit, pineapple, tomato ; and no food.

As the patient improves, an occasional meal, once or twice a week, of white meat, chicken, or of fish baked or broiled ; also a more varied diet with eggs and cheese.

Permitted Foods :

Apples	Corn	Parsnips
Apricots	Grapefruit	Peaches
Beets	Grapes	Pears
Broccoli	Green leafy vegetables	Peas
Brussels sprouts	Lemons	Pumpkins
Carrots	Lettuce	Squash
Cauliflower	Limes	String beans
Celery	Onions	Sweet potatoes
Chard	Oranges	Turnips

Prohibited Foods :

Cakes	Fowl	Puddings
Dried beans	Ice cream	Pulses
Dried lentils	Macaroni	Refined sugars and starches
Dried peas	Meat	Spaghetti
Eggs	Mushrooms	White flour products of all kinds
Fats	Pastries	
Fish	Pies	

Other Accessory Treatments for Catarrh

In addition to proper diet, there are certain other measures

which are very helpful in giving relief from catarrh. Probably the most important of these is the fresh air and its necessary adjunct, deep breathing. Deep breathing may be practiced at any time of the day that is convenient and as often as desired. The importance of fresh air and deep breathing lies in the fact that oxygen is necessary to all the functions and all the tissues of the body.

Baths of various kinds are valuable in catarrh. Air, dry friction, sun, steam, light, hot-water, and cold-water baths all are serviceable and may be used, though usually they all are not necessary in a single case. The air, dry-friction, and cold-water baths should be taken daily. Sun-baths should be taken daily whenever possible. The sun-baths are to be preferred to the hot baths because they not only improve the elimination through increase of perspiration but they also add energy to the body and improve internal nutrition and are, therefore, of great help in building vitality.

Another very important factor in the treatment of catarrh is exercise. Walking as an exercise is almost a specific for catarrh. It takes one out in the open air, promotes deep breathing, gives one exercise, and gently but extensively stimulates all the eliminative functions of the body. Even a short walk is of value, but for catarrh I advise walks of five to fifteen miles. A walk of five miles can be taken daily, and one of fifteen miles at the week end. These distances should be taken all in one stretch if the greatest benefit is to be secured. For catarrh, a walk of one mile, repeated five times, is not of as much value as one walk of five miles. All who suffer from catarrh should take these long walks, even if considerable sacrifice is required to spare the time. (Bernarr Macfadden).

Local Treatment of Catarrh

We now come to a consideration of the local treatment of catarrh. As in the case of coughs, cleanliness is here the chief factor. The nose and throat may be sprayed with salt water several times a day, in order to assist in the elimination of the excess mucus and to clean out any accumulated dirt which would be irritating to the already inflamed membranes. In the case of atrophic catarrh an oil spray may be used, since there is little or no mucus, the membranes being abnormally dry. A little

petroleum jelly placed in the nose may be of some assistance. In ordinary catarrh, stimulating applications, such as menthol and its various combinations, may be used occasionally to give relief from the obstructed breathing ; but such applications should be used as little as possible, and under no circumstances should one expect them to cure the trouble or take the place of the constitutional treatment described. Local treatment is strictly symptomatic and designed only to give temporary relief. Positively no ointments containing opiates should be used.

Operations for one thing or another frequently recommended by medical doctors for catarrh are not curative but merely give some relief, as does other local treatment. Abnormal growths in the nasal passages are not causes of catarrh ; they are results of this disease or of the causes of the disease, and may be avoided by living rightly.

The main dependence in the treatment of catarrh should always be placed on the constitutional treatment, placing local treatment second. Vitality must be increased and accumulated toxins must be eliminated.

Treatment of Coughs

The most important thing to do to get rid of cough is to treat the disease to which the cough is due. When this is removed the cough will disappear of itself. The most common cough diseases are colds and catarrh, and if these conditions are properly treated as directed in this book, and followed by right living, there will be no coughs to treat.

In addition to the proper treatment of the condition causing a cough, there are a number of simple and effective measures which may be used to allay coughs directly. These measures while they do not materially affect the cause of the trouble, are still of considerable value because they relieve irritation and lessen the violence of the cough.

One of the best known of these measures is the taking of small quantities of honey and lemon. The usual mixture is equal parts of honey and lemon juice, but this may be varied slightly according to individual preferences and effects. Some find that honey alone is very soothing. Whichever is used, it should be taken very slowly, about a half-teaspoonful at a time, thoroughly mixing it with saliva, and allowed to trickle slowly down the

throat. Take only what is necessary to relieve the throat irritation.

Another soothing potion is flaxseed tea. This should be made fairly thick, and taken warm with a spoon rather than by drinking. It may be flavoured with lemon or lemon and honey. This not only soothes the throat but assists the bowels. As much as desired may be taken.

In any condition where the mucus in the throat is very tenacious and hard to remove, pineapple juice will be found very helpful in loosening the abnormal secretions, and thereby in relieving the cough. Another measure of value in such cases is the swallowing alternately of hot water and ice. A few small swallows of hot water are followed immediately by the sucking of a small piece of ice or the swallowing of very small ice pellets. The rapid change from hot to cold alternately relaxes and contracts the mucous membrane and thus helps to loosen the adhering secretions.

Throat packs and compresses will be found of much assistance, not only for relieving the cough but also the pain due to the cough or the cause of the cough. Hot compresses generally are preferred for pain or nerve tension. These may be made of any cloth, but flannel is the best. After folding or cutting to the proper size to fit the part affected, allowing for at least a few inches on all sides of the part immediately affected, the compress is wrung from hot water and applied over one layer of dry cloth. It should be renewed as soon as it begins to cool. The application of heat may be continued for ten to fifteen minutes. If there is much inflammation in the throat it would be better to use alternate hot and cold compresses, applying the hot for five minutes and the cold for half a minute or a minute.

The above measures merely give relief while the causes are being removed according to the principles already discussed. Never lose sight of the fact that the primary necessity is to treat the disease which is causing the cough, which means changing the habits of living. Symptomatic treatment, while often of considerable assistance, never should be allowed to replace or overshadow constitutional treatment.

Must We Suffer from Sinus

In recent years our sinuses, those finely honey-combed

spaces in the bones of the head and face region, have been receiving a tremendous amount of attention from the surgeons. But is surgery the correct way out of sinus trouble? Why do sinuses become congested in the first place and why do pus formations occur in them, and aren't they going to bother us even after the operation?

It can readily be seen that operations are not the solution of the problem. If we have an unclean blood stream, bringing about a pus formation in one structure, and if that part is removed, new pus formation will surely occur in other parts of the body *unless the primary cause of the disorder is removed.*

The reason why congestion occurs in the sinuses is because a catarrhal condition exists in the membranes of the nose and throat region. These membranes first become thickened, and finally close up the small opening through which the sinuses are drained, bottling up the mucus secretion. And when any catarrhal discharge is confined to a small space, it will decompose, and in that state of decomposition pus is quite likely to form.

Apparently Nature designed these sinuses as a means of warming the air which is taken in through the nose before it is introduced into the lungs. They afford a greater space for the air to pass over. Examine the radiator of an automobile, and you will see that it consists of very finely honey-combed cells. This is a cooling device, allowing a greater amount of surface for the heat generated by the engine. In the sinuses we have the same device but just the opposite action—that of warming the air before it is taken into the lungs.

Let us get an idea of what these sinuses really are. They consist of a number of honey-combed bones situated in the head and face region. Directly over the eyes we have the frontal sinuses, which communicate with the nose by means of fine tubules. Behind the nose and on either side of it we have the ethmoidal and sphenoidal sinuses. And in each cheekbone we have what is called the antrum. All of them communicate with the nasal passages. Now every one of the sinuses is lined with the same mucous membrane which lines the nose and the other air passages. If a catarrhal condition develops in the nasal membranes—which means nothing more than the excessive

outflow of mucus—the membranes lining the sinuses will likewise become catarrhal. Sinus congestion begins when the channels draining any of the sinuses become clogged up. The inflammation and pressure which result from this congestion are quite likely to produce chronic headaches and neuralgic pains throughout the region of the head and face.

Most sufferers of sinus trouble are subjected to excruciating pains. Headaches and pressure around the head, eyes, and face, are in most cases very severe. While surgery—drugs—punctures—drainages—packings—syringings, etc., may provide temporary relief in some cases, the agonies and sufferings continue to recur, and as time goes on, the condition becomes more pronounced.

Punctures and drainages are frequently relied upon to relieve the engorged sinuses from the pressure caused by the accumulated pus and mucus. That these procedures provide at best but temporary relief, is known to every victim of the disease. Anyone who has submitted to these procedures, finally comes to the realization that unless normal physiologic drainage is re-established, no permanent correction can take place.

A real cure can only be accomplished by cleansing the blood of all the waste material which is at the foundation of the trouble.

Diet for Sinus Trouble

In most cases of sinus disorder there is a definite chain of manifestations which are rather characteristic. There is a low resistance against disease, a constant oozing from the linings of the nose and sinuses, and a constant nightmare of little aches and pains.

To overcome these symptoms two physicians, Drs. Gerson and Sauerbruch in 1930, devised a special diet which was essentially very poor in table salt. It has been found that people who are constantly taking large quantities of salt are not constitutionally able to eliminate it and become on that account veritable human brine pickles. The presence of salt means the presence of water in the tissues. The presence of water in the tissues means a constant, devitalizing exudation from the mucous membranes lining the sinus cavities, and this means the continuation of the sinus affection. Therefore, the first logical step to take in

quantities of milk), with oats, rice or groats, flavoured with one teaspoonful of butter, or sugar, or honey.

9 A.M.—Milk, bread or chapatis, butter, honey or marmalade, raw vegetables such as carrots, turnip, cabbage, cucumber, cauliflower, etc.

12 NOON—Soup, salad, jam.

3 P.M.—Cheese or fresh curd, fruit, biscuits, butter or marmalade, honey or fruit bread.

6 P.M.—Vegetable dinner. Fruits, tea or coffee with liberal quantities of milk.

There are six points which must be kept constantly in mind when planning the diet for the sufferer from sinus disorders. These are :

- (1) The use of fresh food only.
- (2) The restriction of salt.
- (3) The preference for alkaline food.
- (4) The reduction of animal proteins.
- (5) The reduction of carbohydrates.
- (6) The use of unrefined carbohydrates whenever possible.

Local Treatments for Sinus Trouble

Remember that all local treatments are nothing more than relief measures. One of the most valuable of these is to saturate a washcloth with cold water and apply it to the affected sinus.

Another effective means for relieving the congested condition of the nasal membrane is the "head-steam." The patient throws a blanket over his head, and then bends over a large basin of steaming hot water. The inhalation of this steam should continue for three to five minutes at a time, twice a day. The addition of a few drops of oil of eucalyptus to the water enhances the beneficial effect.

Sneezing is Nature's own method of cleansing the membranes of the upper respiratory tract. The sudden rush of air through the upper air passages acts like a suction in drawing the surplus mucus out of the various sinuses which connect directly with the nose.

Fits of sneezing should be induced several times a day. This can be accomplished by tickling the inside of the nose with a

twirl of tissue paper. In cases where the membranes are callous and insensitive to ordinary stimulation, a non-tobacco snuff powder can be used. If these fits of sneezing are brought on every morning and every night, just as religiously as the teeth and mouth are cleansed, the clogging of the sinuses can be overcome. It is safe to say that if a person who suffers from catarrh adopted this measure, serious sinus congestion would not occur, and operations to relieve it would not be necessary.

When fundamental causes of disease are removed Nature will clear up the effects that have resulted.

Programme for Treating Sinus Trouble

To recapitulate—

Sinusitis is one of the common diseases that has come to be regarded as incurable. Strange as it may seem, proper treatment and care can easily eradicate this condition.

Sinusitis is nothing more than a catarrhal condition affecting the delicate mucous membranes of the sinuses and its adjacent lymphatic tissues.

Congestion of the sinus passages of the head is due to catarrh. Catarrh is caused by oversecretion of mucus in the membranes lining the nose, throat and head. This oversecretion is due to irritation caused by poisons in the blood. The presence of these poisons indicates improper elimination of waste matter by kidneys, sweat glands and bowels. The membranes lining the nose, throat and head are then called upon to do eliminative work which is too heavy for them. And the resulting oversupply of mucus clogs up the small openings through which the sinuses are drained, bottling up the mucus and changing it into pus. This condition may be overcome by adopting the following programme :

1. Reduce the quantity of proteins and fuels (starches, sugars and fats) in your diet. Do not take more than 20 percent of these foods. Increase the quantity of fresh fruits and vegetables to 80 percent.
2. Keep the bowels clean.
3. Insure an active skin by taking sun and air baths, and a daily sponge followed by a vigorous rubdown. A hot Epsom salt bath two or three times a week will also be found helpful. The best time is at night.

4. Local measures :

(1) Apply cold compresses to the affected sinuses several times a day for a few minutes at a time.

(2) Take a head steam. With a blanket thrown over the head, hold it over a basin of steaming water. Do this morning and night for at least three minutes.

(3) Sneeze several times during the day. Tickling the nostrils with a twirl of tissue paper will bring on sneezing fits. This will help keep the air passages clear.

In Conclusion

You cannot go wrong with Nature Cure, because it is sound in principle and philosophy—and what is better, *it works out in practice*. After all, that is what we all want—something that works, something that proves its worth. But you must realize that Nature Cure works only when it is applied. Now get that!—only when it is applied.

In a famous lecture Dr. Henry Lindlahr once said, “There are no incurable diseases, but there are many incurable people.” He meant, by that, that there are lots of people who will not take Nature’s warnings in time, who will not learn, but who will go on and on, suppressing their symptoms with drugs, until disease in them is so advanced, their vitality so low, their bodies, and even their minds, so worn out, that they become helpless and unable then to do the necessary things that would restore them to health.

It is not by theory that things are accomplished but by application. What we do today lays the foundation for what we shall become tomorrow, next week, next year, and so on through life. The best investment you can make for the future is to begin today to cultivate good health. Study Nature Cure and apply its principles, and you will reap the reward of better health for yourself and your family.

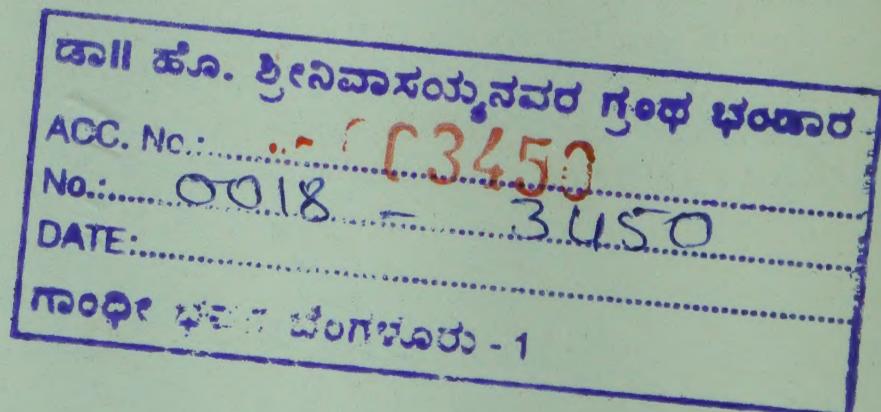
The causes of colds, coughs, catarrh and sinus trouble are more internal than external. Draughts or wet feet will not give a person a cold or cough if his blood is not waste-laden. We can prevent waste-laden blood streams and colds, coughs, catarrh and lots of other troubles by living on a well-balanced diet, eating a low amount of starches and proteins (20 percent of each in the diet)

and 60 percent of fruits and vegetables ; and above all, by keeping clean inside—by getting rid of the wastes from digestion promptly.

A person should have an evacuation for every meal he eats, and it is just as important to get rid of waste promptly as it is to nourish the body, because it is in the accumulation of waste that disease actually starts. Of what use to us is the food we eat, if along with it we take in a lot of poison—poison arising from the waste matter of this food lying in our intestines. Ninety percent of the food we eat is absorbed in the body by the time it reaches the colon. What is left is waste, what the body could not use, and what the small intestines rejected. If this waste is not eliminated, it can only decay, or decompose. It is in that decaying waste that dangerous poisons are made which, when not promptly expelled, are taken into the blood. It is the presence of these poisons in the system, moreover, that lays the foundation for colds, catarrh and respiratory disorders. We can prevent all these troubles by paying attention to what we eat, by keeping our bowels and skin active, by taking sun and air baths, and by the other measures that Nature Cure teaches.

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